



Course catalogue

TTF-NUT206 Food and Culture

Programme	Nutrition
Level	Bachelor's programme
Academic year	II year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Viktorija Stamatovska, PhD Ass. Prof. Marija Menkinoska, PhD
Language	Macedonian

Objective	This course aims to enable students to gain an understanding of foodways in different cultures (the connection between food and culture in different countries). To give students the opportunity to develop their writing skills through food journals and essays as well as enrich their vocabulary by learning new terms concerning anthropology and nutrition in various cultures.
Content	In this course, we will explore themes related to food and culture. Through readings assignments and research, students will explore how "food traditions" and "local food" are maintained and transformed over time and space, and how culinary knowledge is used by people to mark cultural differences. Topics: The term culture; Elements that determine cultural diversity; The evolution of mankind and its nutrition; Sociological and nutritional aspects of food; Food and religion; Ethnographic characteristics of nutrition; Nutritional traditions; Gastronomy and food; Vegetarianism and macrobiotics as nutrition; Modern life changes in the diet; The influence of the media on the diet. Methods used to cover class material include lectures, videos, projects and class discussion. The students will be encouraged to use web sites and the library.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.